

WEST SPA 5 AREA HEALTH OFFICE Chronicle

A publication for friends and neighbors of the West Service Planning Area



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Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease

American Cancer Society Stresses Importance of Informed Decision Making

For men and their loved ones, two of the many issues surrounding prostate cancer are fear and confusion. In fact, recent news coverage has centered on the debate surrounding the benefits and limitations associated with prostate cancer testing and treatment – the main controversy around whether or not testing saves lives. According to the American Cancer Society, the nation's leading voluntary health organization, more than 230,000 men in the United States – 22,265 in California and 5,800 in Los Angeles County – will be diagnosed with prostate cancer this year.

“Facing these decisions can be difficult, and it's even harder for men who try to make them alone,”

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American Cancer Society Issues Urges Breast Cancer Screenings

Specific Guidance For Older Women and Women At Increased Risk; Clarified Role for Physical Breast Exams

An estimated 217,440 new cases of invasive breast cancer are expected to occur in the US in 2004; 35,505 of those in California and 5,560 in Los Angeles County. One in nine women in this country will develop breast cancer in her lifetime, but studies show that

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Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease

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said Ralph B. Vance, MD, FACP, national volunteer president of the American Cancer Society. "Providing patients with the latest testing and treatment information based on years of research helps men take a more active role in their own health care and guides them through the decision-making process."

The Society's encourages all men to:

- Get as much information about prostate health as they can.
- Talk with their doctor to determine their personal risk for prostate cancer.
- Understand all available testing and treatment options so they can make informed decisions.
- Contact the American Cancer Society for information about all aspects of prostate cancer 24 hours a day, seven days a week.

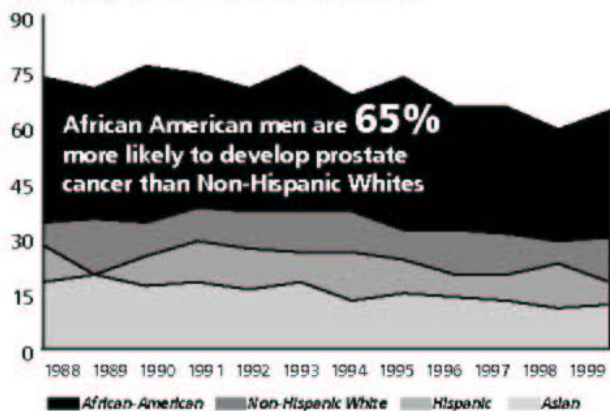
Many African American men don't realize they are at higher risk for prostate cancer and are twice as more likely to die from the disease as other American men. And for all men, age and family history are risk factors. The American Cancer Society estimates more than 29,000 men in the United States will die from the disease this year, accounting for approximately 10 percent of all male cancer-related deaths. Nearly 3,000 of those will be Californians.

That's why the American Cancer Society strongly urges universal access to and education about prostate screening options. The Society recommends both the prostate-specific antigen (PSA) blood test and digital rectal exam (DRE) for men who decide to be tested.

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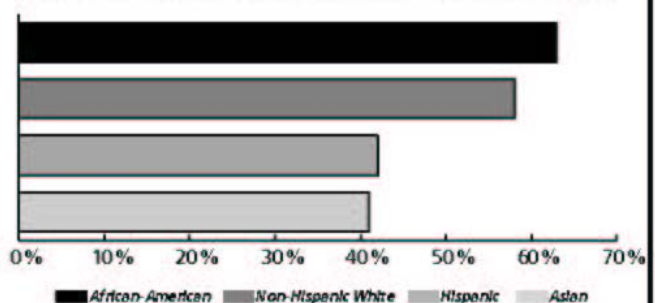
Prostate Cancer Incidence and Mortality are Declining

Mortality rate per 100,000, 1988-1999



Men Over 50 Getting Screened

Prostate-specific antigen (PSA) testing in California, 2002



The Most Commonly Diagnosed Cancer Among Men

Prostate Cancer
2004 estimates for California Men
New Cases: 22,265
Deaths: 2,925

75% of all prostate cancer is diagnosed in men over age 65

Source: American Cancer Society & California Cancer Registry

American Cancer Society Issues Urges Breast Cancer Screenings

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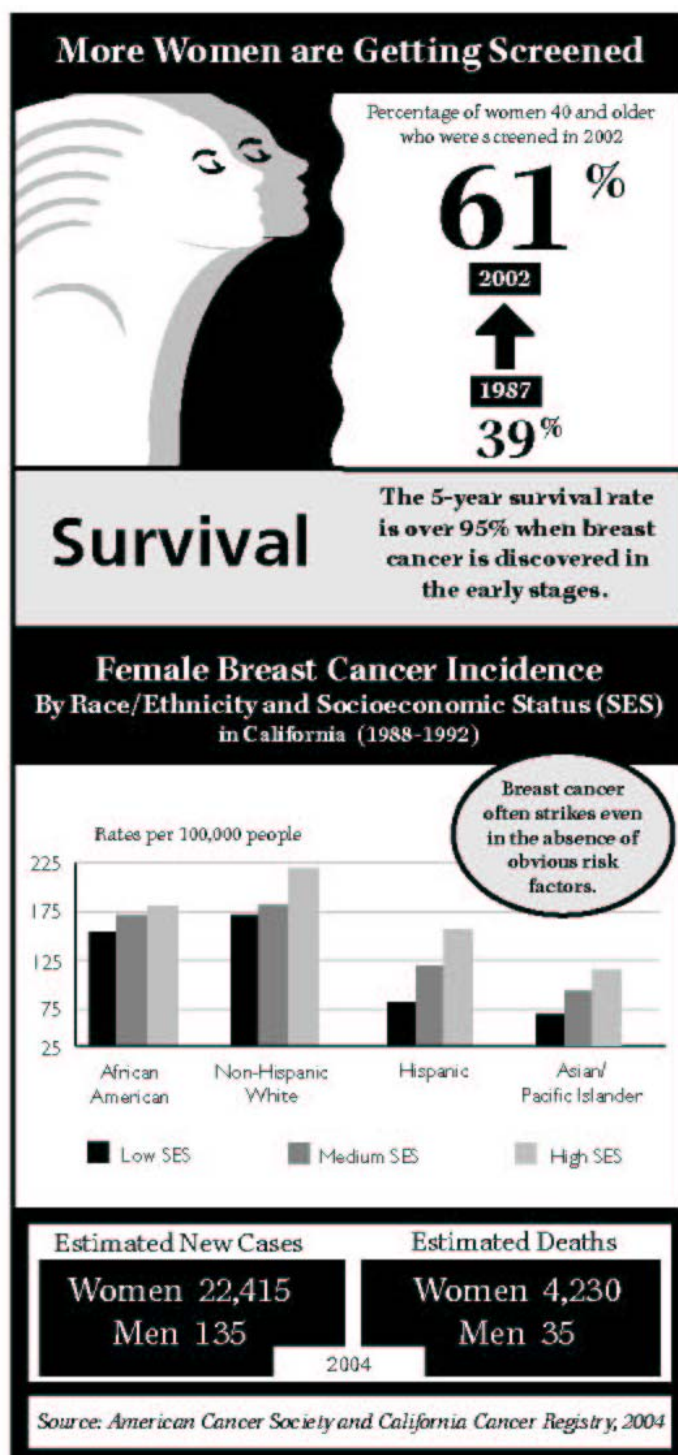
early detection saves lives and increases treatment options.

The American Cancer Society's breast cancer screening guidelines offer specific guidance for older women, women who have serious health problems, and women at increased risk. The guidelines also offer greater clarification of the role of physical breast exams and provide women known to be at increased risk more information about additional technologies to help them and their doctors make more informed decisions about testing.

The Society's guidelines for the early detection of breast cancer are:

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exams (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over.
- Women should report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.

Women at increased risk (e.g.: family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g.: breast ultrasound or MRI), or having more frequent exams. "These guidelines enable improved discussion between women and their health care providers, helping them make more informed decisions about early detection testing," said Mary A. Simmonds, MD, FACP, the Society's national volunteer president.



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American Cancer Society Issues Urges Breast Cancer Screenings (Continued from page 3)

“While research related to the ability of clinical breast exam or breast self-examination (BSE) to reduce breast cancer deaths is limited, the exams are still important. When a woman examines her breasts, she becomes more aware of how her breasts normally feel and notice any changes,” said Dr. Simmonds. “Having a physical exam by a health care professional is a complement to regular mammography and an opportunity for women and their health care providers to discuss breast changes, risk factors, and early detection testing,” she explained.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 17 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.

Healthy Habits Keep Your Family Well

Take care: Cover coughs and sneezes. Keep hands clean.

Healthy habits can protect you and your children from getting germs or spreading germs at home, work and school. Simple actions can stop germs and prevent illness.

Cover your mouth and nose. Use a tissue when you cough or sneeze and drop it in the trash. If you don't have a tissue, cover your mouth and nose as best you can.

Clean your hands often. Clean your hands every time you cough or sneeze. Hand washing stops germs. Alcohol-based gels and wipes also work well.

Remind your children to practice healthy habits, too. Germs that cause colds, coughs, flu and pneumonia can spread easily.

Healthy Habits help reduce illnesses and sick days. Feel good about doing the right things to stay well.

Healthy habits stop germs. At home, work and school.



SPA 5 Council's September Fest

On September 18th, the SPA 5 Council held its second Annual September Fest: Families, Communities and Schools! at Westchester Park. Over 30 agencies participated and 200 parents and their children came out to enjoy the entertainment while learning more about the resources in their community.

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Prostate Cancer: Controversy Over Testing and Treatment May Cause Men to Ignore Realities of Disease

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Once diagnosed, the prognosis for any prostate cancer patient depends on the extent of the cancer, the course of treatment selected and other individual factors.

American Cancer Society guidelines are recommendations, not rules. Written for both doctors and the public, the guidelines are flexible in order to accommodate individual medical and personal needs, and are subject to revision based on new research evidence.

They are:

- Men 50 and older should be offered early detection tests (PSA and DRE) annually.
- Men at high risk (family history, African Americans) should begin early detection testing (PSA and DRE) at age 45.
- Prior to testing, all men should be provided with information about the benefits and limitations of testing.

“Given the implications of early detection testing, the American Cancer Society encourages men to consider it carefully,” said Bill Donnelly, prostate cancer survivor and prostate committee chair for the American Cancer Society. “Some men who get tested may benefit from early detection and treatment, thereby living longer, but other men may have complications from treatment without achieving any significant benefit. The American Cancer Society also believes it is reasonable to caution medical professionals that screening men with less than a 10-year life expectancy may be unnecessary.”

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SPA 5 Council's September Fest

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September Fest is SPA 5's community engagement activity. September Fest allows the SPA 5 Council to:

- Introduce the SPA 5 Council to a new community
- Provide families access to resources
- Survey families & begin community action around survey results

All in all the day was a great one for the parents and children who attended and for the SPA 5 Council Members who volunteered.

SPA 5 CHRONICLE

Selected Reportable Diseases (Provisional Data)

Disease	Apr-Jun 04	Apr-Jun 03
AIDS	15	29
Amebiasis	4	5
Campylobacteriosis	21	25
Chlamydial Infections	226	321
Encephalitis	1	1
Gonorrhea	80	94
Hepatitis Type A	2	3
Hepatitis Type B	0	2
Hepatitis Type C	0	0
Measles	0	0
Meningitis	2	4
Meningococcal Infections	1	2
Non-gonococcal Urethritis	25	42
Pertussis	1	4
Salmonellosis	23	19
Shigellosis	7	2
Syphilis, primary & secondary	2	11
Syphilis, early latent (<1 yr.)	1	2
Tuberculosis	4	4

SPA 5 EXECUTIVE TEAM

Acting Area Health Officer: Martina Travis, B.S.N., M.P.H.
 Area Medical Director: Maxine Liggins, M.D.
 Director of Operations: Willie Mae Howard, M.P.A.
 Nurse Supervisor: Joy Bostic, RN, PHN
 Epidemiology Analyst: Farimah Fiali
 Health Educator: Jeremiah R. Garza, MA, MPH, CHES
 Health Ed. Coordinator: Teresa Level
 Public Health Investigation: Ali Farjadi
 Carolyn Weinrieb
 Community Worker: Teresa Garcia
 Intermediate Typist Clerk: Hector Altamirano
 Nursing Staff: Maggie Cueva, RN, PHN, NP
 Linda Flores, RN
 Beryl Inouye, RN, PHN
 Liz Kane, RN, PHN
 Jennifer Kilburn, RN, PHN
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 Olivia Gutierrez, PHN

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*Data are provisional due to reporting delay.



WEST SPA 5 CHRONICLE

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Public Health Mission: To safeguard and improve the health of all Los Angeles County residents.